

Full Report (All Nutrients) 08215, Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon

Report Date:October 09, 2015 17:49 EDT

Nutrient values and weights are for edible portion.

Food Group : Breakfast Cereals**Nitrogen to Protein Conversion Factor:6.25**

Manufacturer The Quaker Oats, Co.

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (1 NLEA serving) 56g
Proximates					
Water ¹	g	2.75	--	--	1.54
Energy ¹	kcal	379	--	--	212
Energy	kJ	1585	--	--	888
Protein ¹	g	11.23	--	--	6.29
Total lipid (fat) ¹	g	4.88	--	--	2.73
Ash ¹	g	3.05	--	--	1.71
Carbohydrate, by difference ¹	g	78.09	--	--	43.73
Fiber, total dietary ¹	g	8.7	--	--	4.9
Sugars, total ¹	g	16.67	--	--	9.34
Minerals					
Calcium, Ca ¹	mg	210	--	--	118
Iron, Fe ¹	mg	29.50	--	--	16.52
Magnesium, Mg ¹	mg	114	--	--	64
Phosphorus, P ¹	mg	369	--	--	207
Potassium, K ¹	mg	359	--	--	201
Sodium, Na ¹	mg	344	--	--	193
Zinc, Zn ¹	mg	7.14	--	--	4.00
Copper, Cu	mg	0.459	--	--	0.257
Selenium, Se ²	µg	6.3	--	--	3.5
Vitamins					
Vitamin C, total ascorbic acid ¹	mg	12.0	--	--	6.7
Thiamin ¹	mg	0.750	--	--	0.420

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (1 NLEA serving) 56g
Riboflavin ¹	mg	0.840	--	--	0.470
Niacin ¹	mg	9.510	--	--	5.326
Vitamin B-6 ¹	mg	0.880	--	--	0.493
Folate, total ¹	µg	726	--	--	407
Folic acid	µg	708	--	--	396
Folate, food	µg	18	--	--	10
Folate, DFE	µg	1221	--	--	684
Choline, total	mg	31.6	--	--	17.7
Vitamin B-12 ¹	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	354	--	--	198
Retinol	µg	354	--	--	198
Carotene, beta	µg	1	--	--	1
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU ¹	IU	1182	--	--	662
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	136	--	--	76
Vitamin E (alpha-tocopherol) ¹	mg	3.24	--	--	1.81
Vitamin E, added	mg	2.66	--	--	1.49
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.6	--	--	0.9
Lipids					
Fatty acids, total saturated	g	0.880	--	--	0.493
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.016	--	--	0.009
14:0	g	0.008	--	--	0.004
16:0	g	0.805	--	--	0.451
18:0	g	0.051	--	--	0.029

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (1 NLEA serving) 56g
Fatty acids, total monounsaturated	g	1.600	--	--	0.896
16:1 undifferentiated	g	0.008	--	--	0.004
18:1 undifferentiated	g	1.583	--	--	0.886
20:1	g	0.001	--	--	0.001
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	1.550	--	--	0.868
18:2 undifferentiated	g	1.480	--	--	0.829
18:3 undifferentiated	g	0.070	--	--	0.039
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol ¹	mg	0	--	--	0
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹The Quaker Oats, Co. Quaker Oats Company Data, 2014

²The Quaker Oats, Co. Quaker Oats Company Data, 2006